

Chair Yoga At Halifax Community Center



Chair Yoga includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breathing awareness to calm and release tension. Props such as chairs, blocks, straps, and bolsters are used to allow you to open mindfully and slowly. Floor work may be included but not mandatory. All standing poses may be done with the support of a chair.

Wednesdays
11:30 AM –12:15 PM

#231054 Jan 2-30 \$8

#231056 Feb 6-27 \$8

#231057 Mar 6-27 \$8

#231058 Apr 3-24 \$8

Instructor: Kathryn Clarke



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

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